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HEEEEERE'S ARSENIO! (AGAIN)

THE FORMER KING OF LATE NIGHT RETURNS AFTER A TWO-DECADE HIATUS

PAGE 11

Banjo Bowl bummer for Riders

The Saskatchewan Roughriders' Kory Sheets breaks through a tackle by the Winnipeg Blue Bombers' Ian Wild during the first half of their game in Winnipeg on Sunday. The Riders lost 25-13. JOHN WOODS/THE CANADIAN PRESS

Blue Bombed.
Winnipeg upsets Saskatchewan 25-13 for team's first home win of the season

The Winnipeg Blue Bombers not only finally won at Investors Group Field, they did it by smothering the league's leading offence with a 25-13 defensive upset of the Saskatchewan Roughriders Sunday.

The Riders couldn't score a touchdown and were held to a single point in the second half.

Quarterback Darian Durant was sacked eight times as the Bombers fed off 33,500 screaming fans in what is known as the Banjo Bowl, a follow-up to the Labour Day weekend game the teams play.

Saskatchewan won that one 48-25 last Sunday.

"I took my headset off a few times just so I could just relish the crowd noise," said a smiling head coach Tim Burke.

After the game, the Bombers announced they had traded veteran quarterback Buck Pierce to B.C. for non-import receiver Akeem Foster.

They said Pierce, who has been on the injured list for much of this season, wouldn't be available until Monday to discuss the move back to the team he left to join Winnipeg in 2010.

They might not have wanted the news to overshadow what was for the struggling team (2-8) a major accomplishment as it tries to rescue this season.

"When you're playing against the No. 1 team in the league and defensively we come out and play like that, it just speaks (volumes) about what we can do as a defence," said cornerback Jovon Johnson.

"I said this on Week 2, this could be one of the best defences in the league if we just stick together and play and we showed that tonight man," said Demond Washington, who recovered a fumble and had one of Winnipeg's sacks.

Will Ford and quarterback Justin Goltz scored touchdowns for the Bombers, while Sandro DeAngelis added a field goal and picked up a single on a miss.

It was a complete reversal of last week's 48-25 loss in Regina with the Riders' (8-2) only points coming from four Chris Milo field goals and a single.

THE CANADIAN PRESS

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Philippines-trained dentist stumbles on sound advice

While most people don't find comfort in old magazines in their dentist's waiting room, that wasn't the case for Dr. Rosemarie Sia. The newcomer to Canada stumbled on sound financial advice while flipping through a periodical at the clinic where she volunteered.

"Even magazines on the coffee table have their purpose," laughs Rosemarie, a foreign trained orthodontist who knows every facet of a dental practice. In her case, she noticed an ad for the ***Scotiabank StartRight***® Program[1] and the phone number for Melinda Manlapaz, a fellow Filipino and Branch Manager at Toronto's Lawrence and Birchmount Branch.

Rosemarie's discovery was part of her improving luck, following mixed experiences since coming to Canada. She arrived one month earlier to realize that her job search would be harder than expected. She also saw how tasks like apartment hunting and banking aren't easy in an unfamiliar country.

"It was hard, but I was focused on making this change to give better opportunities to our children," recalls Rosemarie, who landed two months before her husband Artemio and their two teenagers. "Luckily I was prepared and I contacted old friends who helped a lot." In fact, a high school classmate referred her to the Scarborough dental clinic that provided her with Canadian work experience.

Finding Melinda Manlapaz from Scotiabank® was also a turning point, since Rosemarie had opened an account at another institution, but was unhappy with their indifferent service. "The other bank didn't explain anything properly. They just hand you the package and I could never reach them," notes Rosemarie. "In contrast, Melinda was very accommodating and she patiently answered our questions."

Rosemarie and Artemio were pleased with the ***Scotiabank StartRight*** package options, which includes a free day-to-day bank account for one year[2], a wide range of credit card options[3] and a number of other customized services and benefits.

They also promptly signed up for *Scotia*® Registered Education Savings Plans (RESP)** for their children, who would soon incur post-secondary expenses.

While Melinda advised the Sia family on many long-term goals, she also helped them obtain the financing for their own home faster than Rosemarie imagined: "Our mortgage was approved in less than a week, and we are moving barely a year after we got here."

A lot has transpired in 12 months, but the Sia family continues to aim for new goals. Artemio is also building their investment portfolio with a *Scotia*® advisor. Meanwhile, Rosemarie may retrain as an orthodontist after she completes her dental certification.

The ***Scotiabank StartRight*** Program helps open doors to a new start, with simple product solutions to get you started and more comprehensive solutions to help at each stage of your life in Canada.

"Whatever challenge a newcomer faces, from planning your move to choosing a bank, be sure to speak to the right people and shop around," concludes Rosemarie. She adds that good advice can come from unexpected sources, like a high school friend or the crumpled pages of a waiting room magazine.

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Newcomers Artemio and Rosemarie Sia are enjoying their personal and professional lives in Canada with sound advice and support from Scotiabank.

Renee Omlas
Scotia® advisor

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NDP's fortunes may rest in Saskatchewan

Caucus retreat. MPs converging on province to talk strategy for this fall's parliamentary session and beyond

New Democrat MPs are returning to their roots — literally.

They've chosen Saskatchewan — which gave birth to the party 52 years ago, and may yet hold the key to their hopes of forming government in two years — for their annual summer caucus retreat.

The two-day gathering in Saskatoon, which starts Tuesday, is ostensibly aimed at plotting strategy for the fall session of Parliament.

But it's equally about setting the stage for the 2015 election, in which Saskatchewan holds the promise of as many as five new seats for the NDP, thanks to a major redrawing of electoral boundaries in the province.

In the last four elections, with the province divvied up into 14 rural-urban hybrid ridings, the NDP won no seats despite winning a majority of the votes in urban areas; the Conservatives picked up 13, the Liberals one.

Quoted

"We will be winning seats, and quite a few of them, in Saskatchewan, so it's important for us to show the flag, to be there." NDP Leader Tom Mulcair

The NDP stands to make big gains under redistribution, which has created wholly urban ridings in Regina and Saskatoon.

"There's no question that for us the new math that's been put in is definitely going to play out differently," NDP Leader Tom Mulcair said in an interview.

The NDP vaulted into official Opposition status for the first time in its history in 2011, propelled by an orange wave that swept Quebec, a province in which the party had barely registered until then but which suddenly delivered 59 of its 75 seats.

"I like to joke in Quebec we had 59 new trees with no roots and in Saskatchewan we have our deepest roots but no more trees," said Mulcair. "We want to get back, to stay with the metaphor, to our roots."

Mulcair's challenge for 2015 is to hang on to the party's gains in Quebec while adding 69 seats elsewhere — no easy task, especially with the resurgent Liberals, under newly minted Leader Justin Trudeau, eating into NDP support. Saskatchewan may well offer the lowest-hanging fruit for the NDP. THE CANADIAN PRESS

Familiar face takes first place at Queen City Marathon

Camrose, Alta., native Brendan Lunty crosses the finish line outside Regina's T.C. Douglas Building Sunday at the 15th annual Queen City Marathon. Lunty won the 26-mile full marathon, marking the sixth time he's taken top spot in his ninth showing at the event. Next up for the speedy Alberta native is the New York Marathon on Nov. 3.

MARCO VIGLIOTTI/METRO

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Look for face tattoo

Warrant issued for wayward robber

A Canada-wide warrant has been issued for a federal inmate police say breached his parole conditions.

Mark McLean, 35, is serving a sentence of three years and 10 months for armed robbery and drug possession for the purpose of trafficking.

Police are asking for help in locating him and say he has been known to travel between Windsor, Ont., and Toronto.

McLean is described as white, five feet 11 inches tall, about 170 pounds, with a muscular build and shaved brown hair.

Police say he has multiple tattoos, including one between his eyebrows that looks like the letter "S."

THE CANADIAN PRESS

Buckingham on alert

U.K.'s royal police spook the duke

You might forgive Britain's royal protection unit for being a little jittery.

Two days after an intruder was discovered prowling around Buckingham Palace, police confronted Prince Andrew, the second son of Queen Elizabeth II, in the royal residence's garden and demanded he identify himself.

London's Metropolitan Police said in an email Sunday that they had apologized to Andrew, also known as the Duke of York, and the royal responded with a touch of humour.

"I am grateful for their apology and look forward to a safe walk in the garden in the future," he said in a statement.

THE ASSOCIATED PRESS

Pledge to fight on

MPs united over expense scandal

Conservative MPs pledged publicly Sunday not to let the prorogation of the House of Commons put an end to all party efforts to reform the expense account abuses of Parliament.

MPs from the Conservatives, NDP and Liberals were called back briefly on Sunday for what was set to be a closed-door meeting.

But a motion by the NDP to open up the session was unanimously approved, as was the pledge for MPs to continue their work ending the spending shenanigans.

The reason for the sudden display of unity was made clear: MPs from all parties got an earful from angry constituents over the summer over the Senate scandal. THE CANADIAN PRESS

University set to punish two students over pro-rape chant

Saint Mary's. School says investigation may send yet more students to disciplinary hearing

ANDREW RANKIN
Metro in Halifax

Severity

Depending on what comes out of the disciplinary hearing, Saint Mary's University spokesman Steve Proctor said the students could be facing anything from fines to suspension or expulsion.

Halifax's Saint Mary's University is coming down on two of its students for their alleged role in the pro-rape chant that sent shock waves across the country last week — and they might not be the only ones.

University spokesman Steve Proctor said on Sunday that the pair will be facing a disciplinary hearing in the next 10 days after a student came forward with a complaint on Friday.

He also said the investigation could lead to other students being punished.

"If the investigation warrants or something comes out of the hearing that warrants further action, the possibility of further action enhances," said Proctor.

The incident, which was captured on video and led to the resignation of the university's student-union president, Jared Perry, shows a large group of students participating in a chant promoting non-consensual sex with minors.

"Y is for your sister … U is for underage, N is for no consent," the mob sings.

A date for the closed-door hearing has not been released. The disciplinary panel will consist of the school's disciplinary officer, a student representative and a student administrator.

The students' identities are not being released as per the university's confidentiality rules.

Perry's resignation on Friday came as a surprise, as he publicly refused step aside on Thursday.

Carrigan Desjardins has also announced she is stepping down from the position of VP Student Life. Desjardins was responsible for the Saint Mary's University Frosh Week Program.

Jared Perry, who has stepped down as president of the Saint Mary's University Student Association, takes questions from the media on Thursday. JEFF HARPER/METRO IN HALIFAX

University of B.C.

Similar act reported at 2nd school

Officials at the University of British Columbia say they will investigate reports that a chant endorsing non-consensual sex was recited during frosh week.

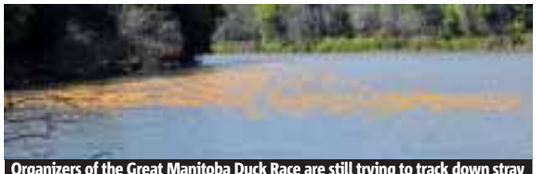
A statement on the university's website says it's alleged the chant was made on one or more buses taking students between events during frosh orientation activities run by the UBC Commerce Undergraduate Society.

Any disciplinary measures will follow the school's policy for non-academic misconduct. The university also says it will take steps to educate students about the harm caused by such behaviour.

"This is of grave concern to all members of the UBC community," the statement said. "Such behaviour would be completely inconsistent with the values of UBC."

THE CANADIAN PRESS

River-chucked rubber ducks buck barrier, run amok



Organizers of the Great Manitoba Duck Race are still trying to track down stray rubber duckies after thousands got loose. COURTESY ASSINIBOINE PARK CONSERVANCY

Organizers of the Great Manitoba Duck Race need help getting their ducks in a row.

More than 13,000 little yellow rubber duckies were released onto the Assiniboine River Saturday as part of a fundraiser for the Assiniboine Park Conservancy (APC), but unfortunately a whole lot of those ducks didn't want to get out of the water once the race was done.

"We had professional-grade oil booms that spanned the width of the river and we had kayakers in there as well, but the current was so strong it pushed some of the ducks over the barrier," explained Laura Curtis of the APC, estimating about 6,500 ducks got loose and continued their leisurely swim down the river.

"It was a windy day … and we didn't have any way of predicting this would happen."

The City of Winnipeg helped the APC collect about 6,000 of the ducks Saturday.

Stuck plucking

6,500

Organizers estimated about 6,500 rubber ducks got loose during the race, with roughly 500 remaining at large Saturday.

SHANE GIBSON/METRO IN WINNIPEG

Beef industry bounces back after XL recall

One year ago. 2,200 workers sent home after Canadian officials shut down Alberta beef-processing plant

It was largely symbolic, but one year after the largest meat recall in Canadian history, the city of Brooks in southeastern Alberta held a celebration to mark the turning of a page.

A huge beef barbecue on Saturday was the first major community gathering since Brooks was plunged into months of economic uncertainty when U.S. food inspectors found E. coli bacteria in a shipment of beef from the XL Foods plant and quickly closed its border last September to beef from the plant.

Dennis Laycraft from the Canadian Cattlemen's Association estimates it cost the industry up to $27 million directly because producers had to move cattle further, couldn't get them processed and pushed prices down.

Laycraft said the lasting legacy for producers is a change in the beef-packing ownership structure.

"The lingering impact is the fact we lost another bidder out of the system. JBS has been a customer of Canadian cattle for a number of years and now it's JBS and Cargill bidding where in the past it was JBS, Cargill, Nilsson Bros. and a few others." THE CANADIAN PRESS

XL Foods takeover

Brazil-based meat-packing giant JBS USA took over management of the Brooks plant from Nilsson Bros. in October and purchased XL Foods in January.

- The plant now employs 2,400 workers and processes 3,800 cattle each day. Products are shipped to customers in Canada, the U.S., Egypt, Asia and Mexico.

Aircraft crashes on top of building in B.C.

An RCMP officer stands near a glider that crashed on the roof of an apartment building and convenience store in Langley, B.C., Sunday morning. An air cadet was on a training exercise at the time of the accident. The male glider pilot was not injured DARRYL DYCK/THE CANADIAN PRESS

Drug combo seen to reduce MERS virus

New research is adding weight to the idea that a combination of existing drugs may help some patients infected with the new MERS coronavirus.

The findings could prove to be important because there is no vaccine to prevent the infection and no drugs specifically designed to mitigate the damage it does in severe cases.

A colourized transmission of the MERS coronavirus that emerged in 2012. THE CANADIAN PRESS

Infections with the new virus continue to pile up, particularly in Saudi Arabia.

On Saturday the World Health Organization put the global count of MERS infections at 114 with 54 deaths. But since then Saudi authorities have announced eight additional cases, three of them fatal. That will push the global total to 122 cases and 57 deaths. THE CANADIAN PRESS

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The University of Regina's first institutional milestone in the area of internationalization took place in 1981, when we became the first university in Canada to establish a formal relationship with a Chinese institution. That spirit of globalization continues today, with some 1,600 undergraduate and graduate students from more than 60 countries here to live and learn on our campus this year.
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1,601 – Current number of international undergraduate and graduate students
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Over 250 – New international undergraduate students this fall
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‘Common sense test’ points directly at Assad: White House

Syria. White House chief of staff makes case for U.S. strikes in Syria; lawmakers to vote on military action this week

U.S. President Barack Obama’s top aide on Sunday pressed the case for “targeted, limited consequential action” to degrade the capabilities of Syrian President Bashar Assad to carry out chemical weapons attacks as the White House mounted a major push to win support from a divided Congress and skeptical American public for a military strike.

Quoted

“This is not a court of law. And intelligence does not work that way.”

Denis McDonough, White House chief of staff, on the irrefutable evidence the Obama administration lacks showing the Syrian government was responsible for chemical attacks on its own people.

White House Chief of Staff Denis McDonough asserted that a “common sense test” dictates that the Syrian government is responsible for a chemical weapons attack that Obama says demands a U.S. response. But he said the Obama administration lacks “irrefutable, beyond-a-reasonable-doubt evidence” that lawmakers who will start voting on military action this week are seeking.

“This is not a court of law. And intelligence does not work that way,” McDonough said, part of a five-network public relations blitz Sunday to build support for limited strikes against Assad.

The U.S., citing intelligence reports, says sarin gas was used in the Aug. 21 attack outside Damascus, and that 1,429 people died, including 426 children.

Obama has scheduled six network interviews on Monday and then a nationally televised speech from the White House on Tuesday, the eve of the first votes in Congress.

THE ASSOCIATED PRESS

In this citizen journalism image, provided by The Syrian Revolution against Bashar Assad, which has been authenticated based on its contents and other Associated Press reporting, a Free Syrian army fighter stands on a damaged military tank in Zabadani, near Damascus, Syria, Sunday.

THE SYRIAN REVOLUTION AGAINST BASHAR ASSAD/THE ASSOCIATED PRESS

NSA won ruling on email searches: Report

Activists protest during a demonstration in Berlin on Saturday. German news weekly Der Spiegel reported Sunday that the U.S. National Security Agency can access users’ data on all major smartphones.

THE ASSOCIATED PRESS

The Obama administration quietly won permission from a surveillance court in 2011 for the National Security Agency to search deliberately for Americans’ communications in its huge databases of intercepted phone calls and emails, according to a published report.

The Washington Post reported Saturday that officials in 2011 got the court to lift the ban on those kinds of searches, which the court imposed in 2008 at the government’s request. The court also extended the length of time the NSA is allowed to retain intercepted communications from five to six years.

The search authority has been used, the Post reported, noting that the permission to search and keep data longer expanded the NSA’s authority in significant ways without public debate or any specific authority from Congress. The newspaper cited interviews with government officials and documents that include a recently released 2011 opinion by U.S. District Judge John D. Bates, then chief judge of the Foreign Intelligence Surveillance Court.

iPhone, BlackBerry, Android

NSA able to access data on smartphones, report says

German news weekly Der Spiegel reports that the U.S. National Security Agency can access users’ data on all major smartphones.

The magazine cites internal documents from the NSA and its British counterpart GCHQ in which the agencies describe setting up dedicated teams to crack protective measures on iPhones, BlackBerry and Android devices.

The court decision allowed the NSA “to query the vast majority” of its communications databases using the email addresses and phone numbers of Americans and legal residents without a warrant, according to Bates’ opinion.

THE ASSOCIATED PRESS

Northern India. Troops deployed to quell clashes between Hindus, Muslims

Hundreds of troops have been deployed to quell deadly riots and clashes between Hindus and Muslims sparked by the killing of three villagers who had objected when a young woman was being harassed in northern India.

Police said 19 people were killed, including an Indian broadcast journalist, a police photographer and several people who on Sunday succumbed to injuries received a day earlier when the two groups set upon each other with guns and knives in Kawal village, in the state of Uttar Pradesh. The violence quickly spread to neighbouring villages in Muzaffarnagar district Saturday night.

The clashes broke out Saturday after thousands of Hindu farmers held a meeting in Kawal to demand justice in the Aug. 27 killing of three men who had spoken out when a woman was being verbally harassed. THE ASSOCIATED PRESS

Bangladesh

Bloggers indicted for allegedly bashing Islam

A court in Bangladesh’s capital indicted four bloggers Sunday for their allegedly inflammatory writings about Islam and its Prophet Muhammad.

Metropolitan Sessions Court Judge Zahurul Haque said he had accepted the charges filed by police in two separate cases, the first to be tried under Bangladesh’s recently amended Information and Communication Technology Act.

The accused — Moshiur Rahman Biplob, Subrata Odhikary Shuvo, Russel Parvez and Asif Mohiuddin — are currently free on bail.

THE ASSOCIATED PRESS

Bitcoin ATMs are coming to Canada

Digital currency. Kiosks will make buying and selling Bitcoins easier

The first time Ryan Johnson bought Bitcoins — an emerging digital currency that isn't controlled by any authority such as a central bank — was with a pocket full of cash from a stranger he had met online.

"It was almost like a sketchy drug deal," recalls the 31-year-old Vancouver resident.

Since that first transaction in January, Johnson has been exchanging his Canadian cash for digital currency at Bitcoiniacs, a physical store in Vancouver that acts like a Bitcoin broker.

"It's just much more comfortable to go sit down in an office at a brick-and-mortar building with a professional that knows a lot about Bitcoins, do a professional transaction and get a receipt for it," says Johnson. "It's reassuring."

Quoted

"Our goal is to make Bitcoin truly grandma-friendly."

Jordan Kelley, CEO of RoboCoin, which makes the Bitcoin kiosks

Soon, Johnson and other Canadian Bitcoin enthusiasts will be able to exchange Canadian cash for the digital currency through a kiosk that's similar to an ATM.

Bitcoiniacs says it has ordered five Bitcoin kiosks from a Las Vegas-based company called RoboCoin and intends to roll them out across Canada in the coming months, with the first machine expected to land in Vancouver in early October.

Four more kiosks will arrive in December and although their locations are not yet certain, Bitcoiniacs says it's eyeing major Canadian cities such as Toronto, Montreal, Calgary and Ottawa.

"Basically, it just makes it easier for people to buy and sell Bitcoins and hopefully will drive the adoption of Bitcoin, and make it more accessible for people," says Mitchell Demeter, the 27-year-old owner of Bitcoiniacs.

THE CANADIAN PRESS

Bitcoin kiosks made by RoboCoin will arrive in major Canadian cities starting this fall. COURTESY ROBOCOIN

Sky-high strike comes to an end

The world's largest radio telescope will resume operations Monday after workers ended a 17-day strike. The observatory, pictured above, is known as the Atacama Large Millimeter/Submillimeter Array and is located on a remote plateau above Chile's Atacama desert. It searches for clues about the dawn of the cosmos — from the coldest gases and dust where galaxies are formed to the energy produced by the Big Bang — and is jointly funded by the U.S., Canada, Japan and Europe. Chilean observatory staff reached an agreement with Associated Universities Inc. that includes reduced hours and a bonus for high-altitude work. THE ASSOCIATED PRESS FILE

Retail. Stores struggle to figure out boomers

Baby boomers are becoming an increasingly important market for retailers, and one that can become highly profitable if stores and manufacturers can figure out the right way to target their products to an increasingly discerning group.

"Retailers need to get much better at understanding the specific needs of this very valuable segment of consumers and they have to work out the different ways they can help satisfy these needs," said Graeme McVie, vice-president of business development at U.S.-based marketing strategy and research firm LoyaltyOne.

"Tailoring the shopping and the products that are in the store to cater to this group is actually a really good idea because there's a huge number of them and they're actually willing to make trade-offs when it comes to value to get health benefits."

How the other half lives

- Susan Eng, vice-president for advocacy at CARP Canada, agrees there are high-spenders in the boomer demographic, but says many seniors are also struggling and shouldn't be forgotten.

Many baby boomers who have become empty nesters or retired have the disposable income to spend and they're willing to spend it on themselves, especially when it comes to buying healthier food and high-quality beauty products, McVie said. THE CANADIAN PRESS

A customer shops for produce at a Whole Foods Market in San Francisco. Retailers need to get better at understanding what boomers want in terms of products and shopping experience, observers say. GETTY IMAGES FILE

Hush money

Chinese police detain 16 after firms blackmailed

Chinese police have arrested 16 people accused of blackmailing companies by pretending to be Communist Party or government officials and threatening to post damaging information about them online, a state news agency reported Sunday.

The four groups were accused of operating 11 websites that said falsely that they were run by the ruling Communist Party or government, according to the Xinhua News Agency. It said they were involved in more than 120 cases and collected a total of more than three million yuan (about $500,000).

One suspect had help from a local official in the eastern province of Jiangsu who tipped him off when regulators found violations by companies, Xinhua said, citing an announcement by the police ministry. The man would pretend to be a ruling party discipline official and demand money not to publicize the problem.

Other firms paid hush money even though they knew the reports about them were false, out of fear their reputations might be hurt. THE ASSOCIATED PRESS

Canadian gold mine kicks up controversy in Romania

Thousands of Romanians demonstrated on Sunday both for and against a planned Canadian gold mine that would use cyanide in the extraction process. The project would create the biggest gold mine in Europe, razing four mountains to make way for an open pit mine.

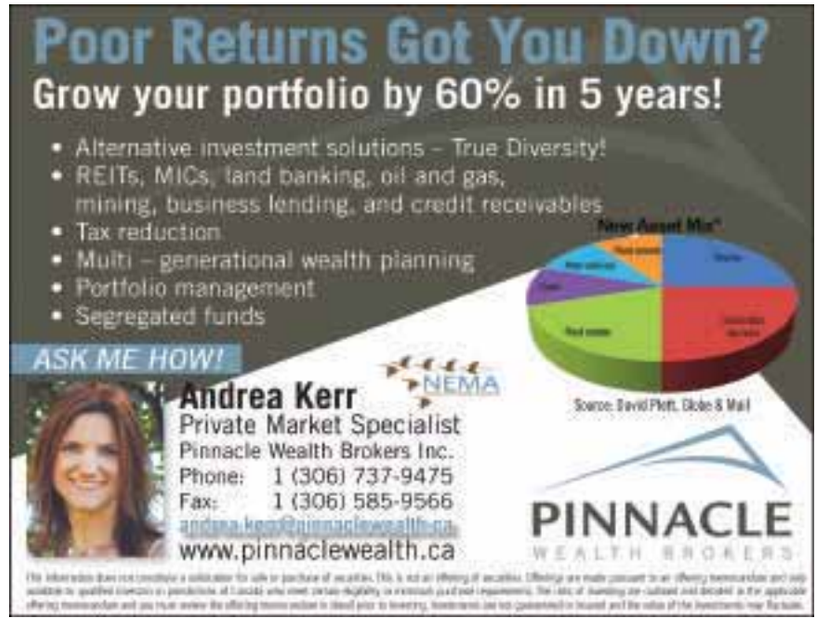
Supporters say the mine would bring vital jobs and investment to a deprived area in northwest Romania. But opponents say it will present an environmental risk.

In the Romanian capital, thousands of people protesting against the mine shouted "Save Rosia Montana," referring to the town where it would be located and where gold has been mined for more than 2,000 years.

The anti-mine protesters in Bucharest's University Square urged lawmakers not to pass legislation that would approve the mine as a "special national interest" creating foreign investment and jobs in the deprived area. They later blocked a main road in the city.

THE ASSOCIATED PRESS

Protesters in Bucharest, Romania, demonstrate on Sunday against a proposed Canadian gold mine. THE ASSOCIATED PRESS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REST IN PEACE, LEE BONNEAU

URBAN COMPASS

Paul Sullivan
regina@metronews.ca

Is there anything sadder than that school photo of Lee Bonneau?

The sweet-looking little guy was six when he was brutally murdered, apparently by another young boy, at the end of last month. He was called "fun-loving" by those who knew him. And the photo shows a kid with a whimsical smile and a twinkle in his eye.

No one will ever see either the smile or the twinkle again. It happened on the Kahkewistahaw reserve, which is not far away on the dark side of the moon. It's right down the road. The main road.

The story is brutally short and shocking. Lee's foster mother saw him playing with some dogs, and then he was gone. She went looking for him and by the time he was found, he had been beaten to death with a "weapon." RCMP say there is little doubt: He was murdered by another boy under 12.

When something as incomprehensible and frightening as this happens, the fallout is monumental. Saskatchewan's Children's Advocate will launch an investigation; Social Services Minister June Draude says the province's report to the public will be as comprehensive as possible. People need answers.

The other kid, the alleged murderer, has been characterized as "troubled." He was "known to police." Under 12, and already a likely suspect.

There's a debate raging on the reserve about the level of guidance and care children receive, and one civic-minded young man has launched a petition calling for the establishment of a peacekeeping force and a curfew. Others want the reserve to ban alcohol.

That's good. Good people will try to foster healing, change conditions and do everything they can to try and make sure it never happens again.

Hopefully, it will never happen again. Certainly, child killers are rare; murder rates have fallen. Police and social services have become more efficient. You could say Canada is a safer place than it was a generation ago.

No easy answers

That's the rational argument. But what do we do about the haunting image of the sweet-looking little guy in the photo?

That's the rational argument. But what do we do about the haunting image of the sweet-looking little guy in the photo?

All these well-meaning people failed to keep him safe. And whatever we do now, it's too late for Lee Bonneau.

I'm not sure what to make of that. But I am sure of one thing. Before we move on, I would like to spend these few inadequate words remembering this "fun-loving" little boy who was playing with the dogs a few minutes before he was beaten to death.

There are really no answers. Just the photo of a boy with a twinkle in his eye … which will stay with me long after the Children's Advocate has filed his report. Goodbye, little guy.

ZOOM

Squeak my ride: Skater mice

TIM MARSDEN/REX FEATURES

Stunt mice learn new tricks

Daring, athletic, and super cool — this mouse is from an elite sports training camp in Australia, run by coach Shane Willmott. The instructor had previously taught his furry students to surf, but for winter has switched them to a rodent-only skate park where they practise on ramps and even a wheel of fire. METRO

Talking to a trainer

"Mice are built to surf and skate because their centre of gravity is so low. When they do fall off, they want to get straight back on board."

Shane Willmott, 42, rodent coach

Other tails of talent

- **Jumpy.** A collie in a YouTube smash can skate, surf, dive and perform handstands.
- **Moscow cat theatre.** The only one in the world, with its performers known for tightrope skills.

Worth Mentioning

Kijiji pressed to end sales of household pets

Canada's largest classified website is under pressure to ban the sale of household pets as part of a Montreal woman's quest to put an end to puppy mills.

Barbara Lapointe, a mother who operates a dog-walking business, wants Kijiji instead to promote adoption from registered animal rescue groups and individual families.

Lapointe's online petition, posted on the website Change.org, had collected nearly 48,000 signatures by midday on Sunday.

Lapointe is also trying to get her local municipality, the Town of Mount Royal, Que., to ban the sale of animals in pet stores. She said cracking down on pet stores would eliminate a major marketplace for puppy mills, but even then illegal breeders would "still be able to resort to online sales."

Kijiji Canada has no plans to change its policy.

THE CANADIAN PRESS

A Yorkie rescued from a puppy mill is shown in Dania Beach, Fla. THE ASSOCIATED PRESS

Twitter

@metropicks asked: Kijiji is being pressured to end sales of household pets. Should online pet sales be banned?

@readstooswift: Yes, because there's no way to track the credibility of those selling pets online.

@MyBoyMaple: No way! See my profile pic? My dog is named Dominoe. Got him off Kijiji. Love this lil guy. Kijiji should keep on.

@Barbara___: my dog was bought on Kijiji, couldn't ask for a better pet!

@variableYY: Must the Man control every part of our lives? Leave online trading alone!

@KikuAnne: No, because then people who need to find a new home for pets can't find their audience. Ban the mills, not the method of sale.

@LorissaDowdell: no way. Rescue animals are posted on there. They need loving homes too

@georgeleonBC: The control should be with purchaser. See any issues, walk away and report to SPCA

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU:
Send us your comments: reginaletters@metronews.ca

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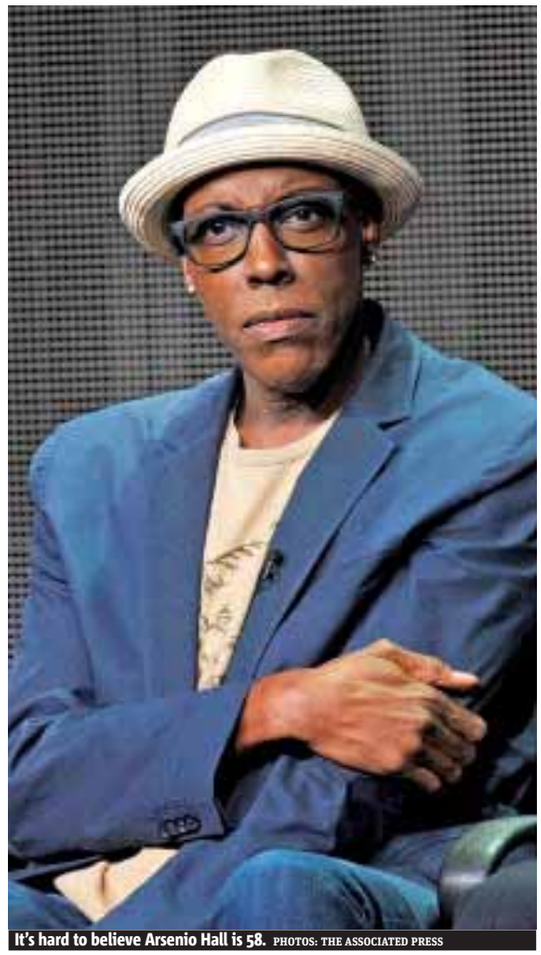
Hall ready to have a ball

Return to late night. Host who ruled the early '90s is back and ready to pursue his dream in a modern, crowded field of shows



It's hard to believe Arsenio Hall is 58. PHOTOS: THE ASSOCIATED PRESS

Did fate decree that Arsenio Hall would return to late night after two decades' absence?

If so, he's answering that comeback call today with the premiere of The Arsenio Hall Show (syndicated; check local listings for time and channel).

And he's itching to get going.

"You know how certain things make you nervous?" he asked recently. "I don't like to fly, but once I'm on the plane and we're over the Rockies and I'm watching a movie, I'm fine.

"Right now I feel like I do when I'm in the airport."

It was in 1987 that a then-unknown Hall, briefly stepping in for Joan Rivers' short-lived Fox talk show, took flight as the cool, hip alternative to NBC's Tonight Show titan Johnny Carson.

Then, in January 1989, he debuted with his own syndicated late-night show against Carson.

He proved a formidable rival with his party atmosphere (the Dog Pound audience greeted him with "woofs" and other animal sounds as well as applause) and a wide range of guests, including presidential candidate Bill Clinton (sporting shades and wailing Heartbreak Hotel on his sax) and basketball great Magic Johnson shortly after announcing he was HIV positive.

But by 1994, Hall was facing new competition from Tonight host Jay Leno and David Letterman on CBS. With ratings slipping, he announced he was leaving the late-night arena, and, gracefully, he did.

In the years that followed, he kept a low profile. A sitcom came and went.

He hosted Star Search for a season. He co-starred on the CBS drama Martial Law for a couple of years. He did standup.

He also devoted himself to his son, Arsenio Jr., now 13, whose mother is Hall's ex, former manager and down-the-street neighbour Cheryl Bonacci.

"I love being a dad," he said. "When kids got together at Chuck E. Cheese, there were a lot of mothers — and me."

But Hall yearned to return to late night. In June 2012 he announced it was happening.

"People say, 'How did you know when to do it?' Several times before I had tried!"

False starts included a meeting with studio bigwigs he skipped because his son was sick. Or the nail in a piece of sushi that broke his tooth the night before an all-important guest-hosting gig.

"Signs like that," Hall said, "seemed to mean I wasn't ready yet."

Now he's sure he's ready, whatever skeptics may say.

"I hear all the long-shot talk: 'This is an impossible thing to do after all this time. The field is so crowded.' But I still have to pursue my dream!" THE ASSOCIATED PRESS

What's in a name?

As part of his strategy to reintroduce himself, Hall became a contestant on The Celebrity Apprentice early in 2012 — and ended up not only gaining the exposure he sought, but also winning the competition. Even so, do enough viewers know who he is — or remember him — to get his new show off the ground?

"When people ask that, I'm like, 'Well, NO ONE knew me the FIRST time!' I used to joke that people thought Arsenio Hall was a dorm at UCLA. So don't I have a better shot THIS time?" he asked.

Review

Who: Rizzle Kicks

Where: iTunes Festival

When: Friday, Sept. 6

With cusses borrowed from Cockney rhyming like "We don't give a Daffy Duck," you can be sure you are not listening to the most bad-assed hip-hop out there when taking in Rizzle Kicks' iTunes Festival performance. Nor does the Brighton U.K. duo have the illest lyrics: "Hashtag trends/we make people clap clap clap."

They started off weak, encouraging the audience to, "Jive jive jive," but it was almost like they couldn't quite believe their own commands. Things picked up once they got to the ska-influenced Wind Up, with its repeated build ups and break downs creating a level of excitement in the crowd that was palpable, even from this reviewer's seat (which would be at my computer. In Toronto.) The best part was the finale when they busted out the big brass for Down with the Trumpets. Overall they showed themselves to be a couple of affable lads, even if the whole thing did feel a bit like a commercial for Hip-Hop Lite.

EMINA GAMULIN/METRO

EACH MONDAY IN SEPTEMBER, METRO WILL REVIEW ONE OF THE ACTS PARTICIPATING IN THE ITUNES FESTIVAL. TAKING PLACE ALL MONTH AT THE RENOWNED ROUNDHOUSE IN LONDON – AND STREAMING ONLINE IN HD – THE ITUNES FESTIVAL FEATURES 60 ACTS EACH DAY AT 4 P.M. ET/1 P.M. P.T. TO WATCH LIVE, DOWNLOAD THE ITUNES FESTIVAL APP TO YOUR IPHONE, IPAD, IPOD TOUCH OR APPLE TV. FOR A FULL LIST OF ACTS, VISIT METRONEWS.CA

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Liam Hemsworth. ALL PHOTOS GETTY IMAGES

They won't be twerking down the aisle

All the attention Miley Cyrus has gotten for her steamy MTV Video Music Awards performance with Robin Thicke has apparently distracted onlookers from the fact that her engagement to Liam Hemsworth is pretty much over, according to Us Weekly.

The Australian actor is, "Just weeks away from calling it off permanently," a source says. "He is over her and wants to make a clean break. No more back and forth."

Certainly the VMAs performance didn't help matters, as Hemsworth reportedly found Cyrus' dance moves "mortifying."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Who gave this kid a Kar(dashian)? And a mea culpa from us

THE WORD
Alexandra Cavallo
scene@metronews.ca

I was going to write something about how sick I am of the Kardashians' absurdly public exploits, but then I remembered that if those bozos stopped, I'd have a much harder time finding things to write about for this column.

And since I'm writing this particular column on a Sunday, with last night's cocktails still sloshing around in my bloodstream, I was pleased that Kendall Jenner did not disappoint this weekend.

Kendall was apparently taking video selfies of herself while driving on Friday. How do we know this? The little brainiac posted these videos of herself to the Internet. The vids show Kendall making duck faces that she definitely thinks are adorable and sexy eyes (that were definitely not focused anywhere near the road) which is the place that eyes (sexy or otherwise) should be focused when one is operating a motor vehicle.

Please take a nice long minute to consider the fact that a 16-year-old girl had a $110,000 car and you're probably reading this with your face in some guy's sweaty armpit on a bus on your way to a job that doesn't involve being famous for a living.

Editor's note: apparently we do not keep up with the Kardashians quite as well as we think we do.

In Friday's Word, we mistakenly wrote that Lamar Odom is married to Kourtney. He is married to Khloe. Though maybe not for long.

Victoria Beckham

No bike for Becks

Victoria Beckham is the victim of bicycle theft. The designer and singer posted a photo to Twitter of the remaining wheel and lock for her bike in New York City.

"So I won't be riding home tonight then," she wrote along with the photo. "Searching for the missing bike!"

That's harsh.

Regina Referendum

Wednesday, September 25, 2013

Residents have the opportunity to vote on the construction, financing, operation and maintenance model of the City of Regina's Wastewater Treatment Plant.

The yes-or-no question on the ballot will read;That the Council of the City of Regina publicly finance, operate and maintain the new wastewater treatment plant for Regina through a traditional Design, Bid, Build (DBB) approach.

Polling information
- Polling locations will be available throughout the city on September 25 from 9 a.m. to 8 p.m.
- Residents can find their poll location at **ReginaReferendum.ca**.

Advance polls
Advance polls will be offered on September 21 from 10 a.m. to 5 p.m. at:
- The Golden Mile Shopping Centre
- Northgate Mall
- Normanview Landing
- Victoria Square Mall

Mail-in ballot opportunities will be provided to eligible voters. Applications for mail-in ballots must be made in person at the Referendum Office at City Hall, 2476 Victoria Avenue.

Two pieces of identification are required to vote.

Visit **ReginaReferendum.ca** or call 306-777-7000 for all your voting information.

Artwork

What to do with mini Picasso's handy work

I have three kids, which basically means I have collected three million pieces of artwork over the years, ranging from the dioramas to a piece of scrap paper with a purple line across it.

To keep some order in my home, and avoid an artwork tsunami, I ask my children to pick a few really special projects — which go in a box — and then I photograph the rest. At the end of each school year, I create a simple photo book of the photos of all of the artwork.

No messy clutter. No mom guilt. **ALI MARTELL OF YUMMYMUMMYCLUB.CA**

Getting rid of their masterpieces can be difficult. ISTOCK

Eczema

Simple solution

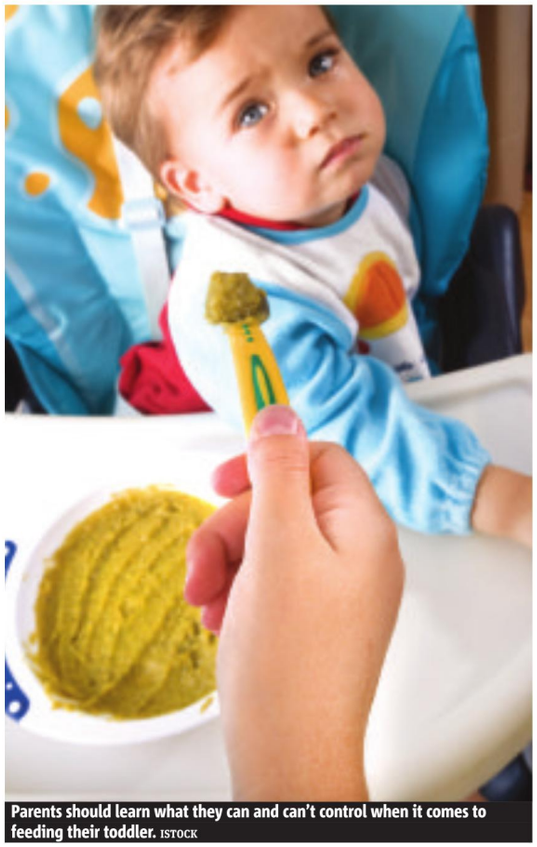
Bathing in warm water dries out a kid's skin and makes eczema worse. Babies and kids don't need to be bathed daily, so there's no medical reason to do this. This is good news for moms: one less task in the bedtime routine. **DR. KIM FOSTER OF YUMMYMUMMYCLUB.CA**

Exclusively online

Taking your toddler to the zoo: Read more Reasons Mommy Drinks, by Lyranda Martin Evans and Fiona Stevenson at metronews.ca/voices. Buy the book, Reasons Mommy Drinks, in North American bookstores on Sept. 10.

LIFE 3

Here comes the airplane ... or not



Parents should learn what they can and can't control when it comes to feeding their toddler. ISTOCK

Tips. Kids need structure but they also need to feel like they have some control. Find a balance.

SARA REMMER, RD
Metro World News

When it comes to meal and snack times, it's important that parents take responsibility for the what, when and where of feeding. However, it's equally important that we let our toddlers and young children be responsible for the whether and how much of eating.

This is the cornerstone of Ellyn Satter's (author of The Division of Responsibility of Feeding, Registered Dietitian and Mental Health Specialist) philosophy when it comes to feeding toddlers.

The what

You get to decide what your toddler eats. Ideally, you should provide a variety of foods for nutritional balance with different colours, flavours and textures. At family meals, your toddlers should be served the same foods that the rest of the family is eating (unless of course, they have a severe food allergy or intolerance). In other words, even if your toddlers are picky eaters, they should not receive a special meal.

Also, when they are old enough, try to include them in meal preparation, which helps them become more open to trying new foods.

The when

There should be structured meal and snack times on most days so that your toddler knows when to expect another chance to eat. Because toddlers have small tummies, ideally they should be offered food every three hours or so. This likely translates into three meals with snacks in between and, depending on bed time, before bed. This timing structure will help your toddler eat until he or she is comfortably full and develops a healthy appetite.

The where

When you are at home, meals and snacks should be eaten at a designated eating area, free from distractions. When children eat in front of a screen, they aren't focusing on their food or their inner hunger/fullness cues. Establish one or two places (preferably at a table) where everyone in the family eats. This will encourage more family meals and also provide more structure for your toddler.

The whether and how much

It is completely up to your children whether they eat what you've served and how much. I know this is really hard for parents, especially after we've spent time making a healthy, tasty meal or snack. But we need to take a step back and ensure there's no pressure, no forcing and no bribing.

We should also allow them to eat at their own pace, without pressure to "eat faster" or "keep up" with the rest of the family unless, of course, they're taking hours on end to finish a meal.

The good thing is toddlers and young kids will not let themselves starve. They are very intuitive when it comes to eating. If they don't eat much at one meal or snack, they'll make up for it in future meals or snacks or even days afterward.

We have to respect their hunger and fullness cues, because they certainly do.

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Literature to chill out your children

Rest and repeat.
New book combines illustrations, routine and nature to help children learn the value of restfulness

ALISON BOWEN
Metro World News

Being a kid can be hard: Teach them how to unwind and chill out. ISTOCK

Sometimes being a kid is tough. Even though someone is feeding you, clothing you and even carrying you around part of the time, a lot of worries can take over a little one's mind.

Thursday is National Relaxation Day, so we wanted to know how to help kids relax.

Lisa Hemmings, a massage therapist who teaches Chill Skills for Kids classes, and counsellor Allan O'Keefe hope to help with their new children's book. Imagine Me with the Three Owls encourages tots to bat away stress by using their imagination. With peaceful illustrations of nature, the book walks parents and children through relaxation techniques.

Hemmings and O'Keefe provided Metro with some tips on how to help kids relax:

Simple belly breathing exercise
An easy way to relax our mind and body is to slow our breathing down to a steady rate. Start by asking your children to take some deep slow breaths. Continue until they settle. Then, ask them to put their hands on their belly. When they breathe in, they can feel their belly rise, and when they breathe out they can feel their belly drop. Keep doing this until they feel more relaxed and settled. This can be very useful for anxiety or panic attacks or just simply to wind down.

Chill out the body
Relaxing the muscles in our body from our toes to the top of our head is a great activity to help children relax or to help them with sleep. Find a quiet space. Start by sitting or lying down. Ask your child to close their eyes and relax the part of the body as you say it. Read from Imagine Me with the Three Owls in a slow, steady voice.

Positive self talk

Affirmations. What we think influences how we feel and act. Positive thoughts can help children feel better about themselves so they can be calm. To help change the thoughts that they don't want to have and help put good thoughts in their minds, they can think of some affirmations — positive words that remind us of how we want to think, feel or act. Some examples include thinking, "I am calm," or "I am confident." Have fun making positive thoughts together with your child. It can take time and perseverance to learn to be positive.

Imagine a special place
Children often have great imaginations. Help them to use imagination to create in their minds a special place, such as a beautiful garden, forest or sunset where they can go anytime.

Tell them to imagine they are watching the sun setting over the mountains. Then, for fun, ask them to share what they imagined or draw it.

Encourage expressing feelings
When children feel worried, they can feel alone, and if they can't share it with someone, it can lead to stress and anxiety. If they tell you they are feeling worried about an issue, always validate how they are feeling, which helps them feel safe to talk about things. Explore what they are feeling and what it is like for them. What is small to an adult can be big to a child. If they can't express it in words ask them to try drawing it, or use colours to describe how they feel.

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It's peanut butter jelly time, so keep kids cooking

Secret ingredient.
Little hands can be a big help when it comes to making meals

ALISON BOWEN
Metro World News

Bond and create healthy habits with your child in the kitchen. ISTOCK

Many parents' intuition might be to shoo children out of the kitchen.

But the next time your kiddos are underfoot while you're making dinner, consider tossing them a task.

Cooking with kids can be a great way to bond, create healthy habits and make something great for lunch.

Sally Sampson, who created ChopChop, a cooking magazine for families, suggests starting small: Let them pick a vegetable at the farmers market to add to a salad, or throw veggies into a blender to create a smoothie. Kids can also create their own salad dressings.

One thing she cautions against? Inviting children to help make dessert.

Cooking works even with the littlest ones.

"You can describe what you're doing," Sampson adds.

"You can have them hand you carrots. No age is too young."

And cooking can be much healthier — and cheaper — than parents might think.

Grill your way into fall with Mexicali Marinated Beef Steak

The back-to-school season means life can be frantic. But by grilling extra meat and vegetables on the barbecue, you'll have enough to make lunches the next day.

Serve these steaks carved into thin slices across the grain with steamed rice and kidney beans.

These also work well the next day. Set out warmed tortillas or flatbread plus a variety of toppings such as shredded cheddar, guacamole, diced tomatoes, sliced roasted sweet peppers and salsa. Carve grilled steak into thin slices and tuck into tortillas with toppings. Steak is best served at warm to room temperature

This recipe makes four servings. COURTESY THE CANADIAN PRESS

Ingredients

- 1 lime (grated peel and juice)
- 30 ml (2 tbsp) orange juice
- 10 ml (2 tsp) minced garlic (2 cloves) or 5 ml (1 tsp) garlic powder
- 30 ml (2 tbsp) mild or medium chutney
- 2 ml (1/2 tsp) cumin
- 500 g (1 lb) marinating steak (such as inside skirt, inside round or sirloin tip)

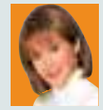
1. In a resealable freezer bag, combine lime peel and juice, orange juice, garlic, chutney and cumin. Pierce steak all over and place in bag with marinade. Marinate in the fridge for 4 to 12 hours.

2. Place steak on greased grill over medium-high heat (200 C/400 F); close lid and grill for 5 to 6 minutes per side for medium. Remove from heat. Tent with foil; let stand for 5 minutes.

3. Serve steak by carving into thin slices across the grain. THE CANADIAN PRESS/ CANADA BEEF, BEEFINFO.ORG

Healthy eating

Choose it and lose it



ROSE REISMAN
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The cut of meat does count when it comes to these mini goodies. One contains an overload of calories, fat and sodium.

6 President's Choice mini wieners in pastry

450 calories / 33 g fat / 870 mg sodium

Wieners filled with nitrates and salts then wrapped in greasy puff pastry are not the best way to snack.

Equivalent

Six President's Choice mini wieners in pastry are equal in fat to one 375 g Pillers Kolbassa Sausage.

6 M&M mini bacon wrapped filet

240 calories / 16 g fat / 450 mg sodium

At half the calories, fat and sodium, a healthier app is a petit mouthful of filet mignon wrapped in a small amount of bacon.

Lunch. Beef and Fine Cheddar Wraps

Use very thinly sliced leftover grilled steak for the wraps so that they don't get too bulky when you're rolling them up. You can also use deli roast beef.

1. Spread each tortilla right to edge with 15 ml (1 tbsp) of the red pepper jelly. Top each with 50 ml (1/4 cup) shredded cheese, one-quarter each of the watercress and beef and 30 ml (2 tbsp) cashew pieces. Season with pepper.

2. Roll up each tightly. Eat right away or wrap each in plastic wrap and refrigerate for up to 8 hours. THE CANADIAN PRESS/ CANADA BEEF, BEEFINFO.ORG

Ingredients

- 4 large flour burrito-size tortillas
- 50 ml (1/4 cup) red pepper jelly (hot or sweet)
- 250 g (8 oz) shredded aged cheddar
- 1 bunch watercress, arugula or handful of baby greens
- 500 ml (2 cups) shaved cooked beef steak (about 10 oz/280 g)
- 125 ml (1/2 cup) cashew pieces
- Pepper, to taste

Beef and Lentil Salad packs a powerful protein punch

This salad works well for a buffet dinner and is also good tucked into a pita or tortilla as a wrap for lunches.

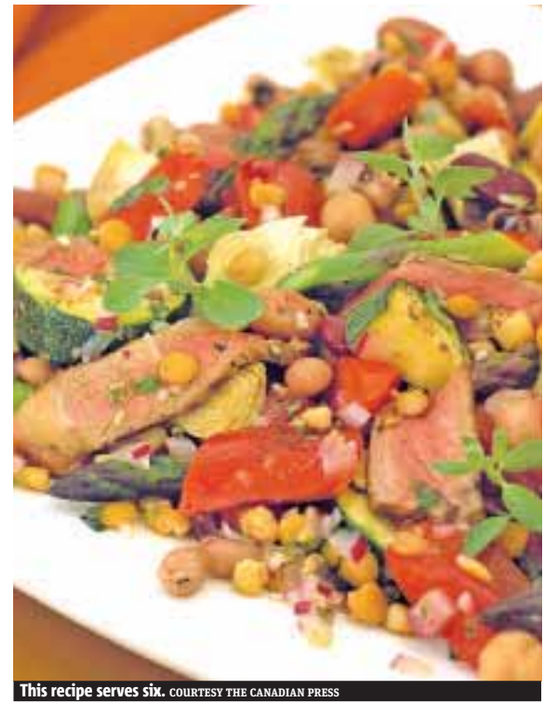
1. In a small bowl, combine pepper, Italian seasoning and garlic powder. Rub mixture over steak; let stand for 15 minutes.

2. Grill or pan-fry steak over medium-high heat for 4 to 7 minutes per side for medium-rare to medium doneness. Let stand for 5 minutes.

3. Meanwhile, in a large salad bowl, whisk together oil, red onion, garlic, vinegar, basil, salt, oregano and pepper. Add grilled vegetables, tomatoes, beans and artichoke hearts. Cut steak into thin slices; add to bean mixture. Gently toss together and season to taste, if necessary. THE CANADIAN PRESS/ CANADA BEEF, BEEFINFO.ORG

Ingredients

- 5 ml (1 tsp) each coarsely ground pepper and Italian seasoning
- 0.5 ml (1/8 tsp) garlic powder
- 500 g (1 lb) beef grilling steak (rib eye, strip loin or top sirloin), 2.5 cm (1 inch) thick
- 50 ml (1/4 cup) each olive oil and minced red onion
- 2 cloves garlic, roasted mashed or minced fresh
- 30 ml (2 tbsp) red wine vinegar
- 15 ml (1 tbsp) chopped fresh basil
- 2 ml (1/2 tsp) each salt and dried oregano
- 1 ml (1/4 tsp) pepper
- 500 ml (2 cups) assorted grilled vegetable chunks (zucchini, sweet red pepper, asparagus)
- 2 plum tomatoes, seeded and chopped
- 2 cans (each 540 ml/19 oz) mixed beans or lentils, drained and rinsed
- 1 jar (170 ml/6 oz) marinated artichoke hearts, drained and coarsely chopped



This recipe serves six. COURTESY THE CANADIAN PRESS

Don't let dyslexia dictate their lives

Demystifying the disorder. Playing to your child's strengths and paying attention to the positives can make dyslexia easier, a new book advises.

JULIE KAYZERMAN
Metro World News in NYC

If you're reading this article during your daily commute on public transit, chances are there are at least five dyslexic people in your midst. The reading disorder affects 10 per cent of the population, with about 400,000 children diagnosed per year in the United States.

Dealing with dyslexia himself, Ben Foss has detailed how to identify and deal with the disorder in his new book The Dyslexia Empowerment Plan: A Blueprint for Renewing Your Child's Confidence and Love of Learning. We asked Foss how to identify and foster a love of learning in students who are struggling.

Identifying dyslexia

Knowing if a child has dyslexia starts with paying attention to their habits and strengths. Foss says that if children mispronounce words or avoid reading aloud under any circumstances, that could signal to parents that it would be a good idea to have the child tested. Some dyslexic children have trouble memorizing a series of numbers, or confuse words that sound familiar. But dyslexic children have strengths, as well, Foss stresses.

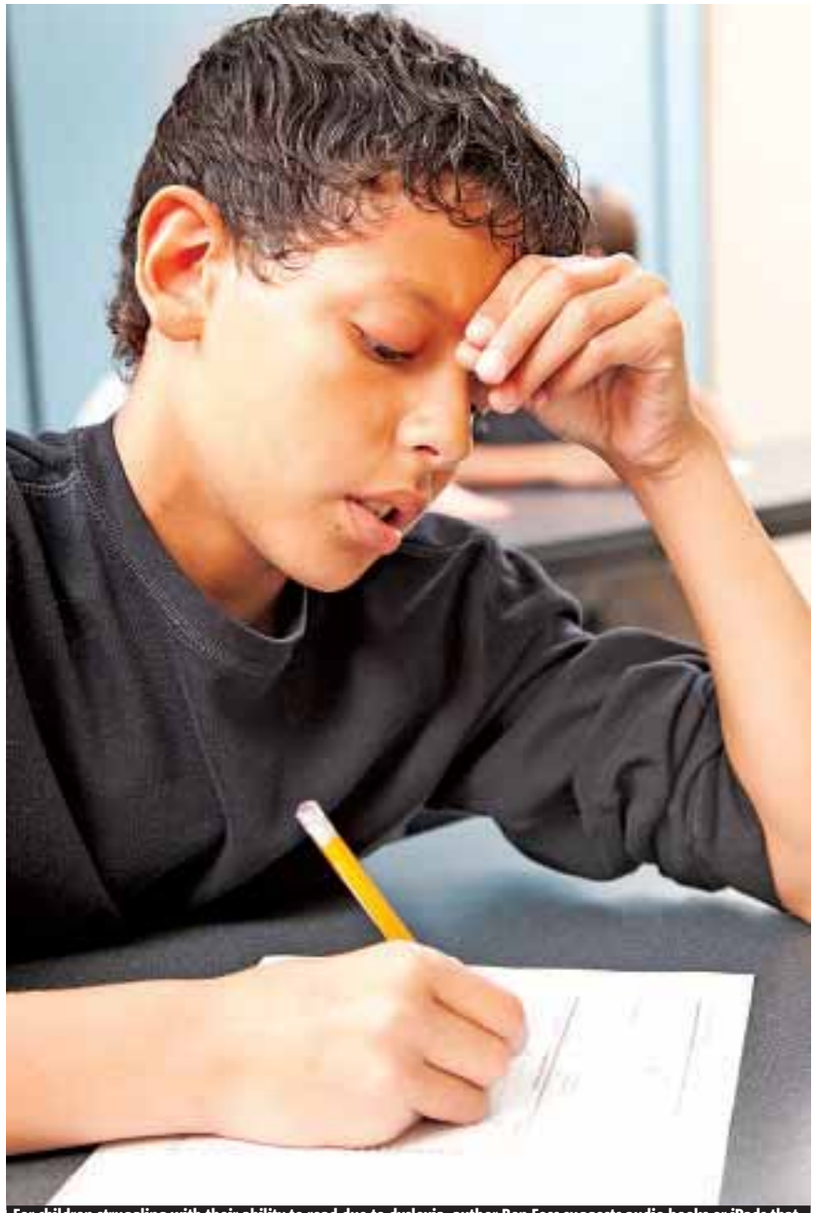
"If your child is dyslexic, you should find where their strength is and you play to it," he says.

Orient your thinking

Foss says a perspective shift is also in order. "You want to make sure you don't think about dyslexia as a disease. I am from New Hampshire. I'm not diagnosed as being from New Hampshire. I don't suffer from being from New Hampshire. I just am from New Hampshire. What you suffer from is being in a school system that expects everyone to do everything the same way."

Tips from the author

- **Encourage your child's resiliency.** "I cannot emphasize enough, you really want to explain to your kid that they're not broken and that they're smart and you love them. The main thing you're looking to build in your child long-term is resilience," says Foss. "You can do this by giving your child unconditional love and giving them responsibility."
- **Get your child formally identified.** Foss explains that this will be a defence against schools trying to tell you "your kid's just developing slowly" or "your kid's just not college material."
- **Get the facts.** "Learn what dyslexia is, learn the background, explain it to your child and then teach your child how to explain because they're going to run into people all day at school who have questions for them," says Foss.



For children struggling with their ability to read due to dyslexia, author Ben Foss suggests audio books or iPads that read aloud to you. This is an extremely productive way for your child to obtain information. ISTOCK

Dyslexia myths, debunked

"Your child needs to be fixed."

- "I think one of the biggest myths is that we're going to fix your child. The thing is, your kid's not broken in the first place," Foss says.

"It's better not to tell your child they have dyslexia."

- "The child will figure it out and they're going need to be a part of the team," he says. Dyslexic students "need to get out there and do the hard work of telling their story and self-advocate, so you really want learn to embrace the profile."

"It's your fault."

- "The only thing you contributed were your genes," explains Foss. "Dyslexia is genetic."

Stars with dyslexia

Steven Spielberg

Richard Branson

Whoopi Goldberg

Cher

Magic Johnson

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Canada West football

Rams still looking for first win after loss to Dinos

It wasn't the homecoming the University of Regina Rams football team wanted.

The Rams fell 34-27 to the Calgary Dinos in a heartbreaking home opener Friday night at Mosaic Stadium.

Behind by 14 with two minutes remaining in the fourth quarter, the Rams pulled within a touchdown of Calgary (2-0) thanks to Cayman Shutter's massive 61-yard touchdown pass to Kolten Solomon.

But, after regaining possession and making it to Calgary's 30-yard line, the Rams (0-2) couldn't complete the comeback.

MARCO VIGLIOTTI/METRO

Basketball

Argentina ends Canada's hope for berth at worlds

Luis Scola had 28 points and seven rebounds Sunday as Argentina eliminated Canada from the FIBA Americas Championship with a 73-67 victory.

Selem Safar added 18 points off the bench for Argentina (4-3). Facundo Campazzo chipped in with 10 points and eight assists.

Cory Joseph had 19 points for Canada (3-4) in a losing effort, while Andrew Nicholson added 17 of his own. Tristan Thompson finished with eight points and 10 rebounds for Canada.

THE CANADIAN PRESS

Regina receiver Mitch Thompson rushes upfield on a first-quarter drive against the Saskatoon Hilltops at Gordie Howe Bowl in Canadian Junior Football League action Saturday night. SIMON HIATT/FOR METRO

Thunder rise above Hilltops in Saskatoon

Football. Late surge gives Regina win over cross-province rivals

SIMON HIATT
regina@metronews.ca

The Saskatoon Hilltops dodged the forecasted rain on Saturday night but in the end they were done in by the Thunder as Regina came away with an impressive 29-28 comeback victory.

Regina took advantage of a first quarter Hilltops turnover deep in their own territory, leading to a Justin Banin touchdown plunge and an early 7-0 lead.

The first quarter ended in similar fashion as Chris Tunnicliffe picked off Hilltop quarterback Jared Andreychuk, once again giving Regina the ball in Saskatoon territory, setting up a field goal.

Saskatoon got on the board midway through the second as Graham Unruh made a juggling catch on Matt Karpinka's pass into the corner of the end zone to cut the lead to three.

Another Hilltops mistake opened the door for the Thunder as a fumbled punt set Regina up for another field goal and a 13-10 halftime lead.

Hilltops quarterback Matt Karpinka found John Trumpy for a 22-yard touchdown early in the second half. The teams then traded field goals to make it 20-16 Saskatoon after three.

The Thunder conceded a fourth-quarter safety to give Saskatoon a six point lead. Then Saskatoon running back Andre Lalonde broke several tackles for a 48-yard run leading to a Coleman Young touchdown reception.

Regina quarterback Asher Hastings hit Mitchell Thompson for a touchdown late in the fourth which cut the lead to six following a missed extra point.

With time winding down Hilltops coach Tom Sargeant elected to go for it on third and one, deep in Saskatoon territory, which would prove to be a costly decision as the Regina defence stopped the attempt and Hastings hit Will Heward for the game-winning touchdown.

"It's a big win any time you can beat the Hilltops; they're such a storied franchise and a great team and a great coaching staff and we're just going to try to grow off of this," Thunder coach Scott MacAulay said following the game.

49ers prove gritty vs. Packers

Frank Gore was an offensive force in the 49ers' season-opening win over the Packers Sunday. GETTY IMAGES

Colin Kaepernick rarely utters anything pointed or emotionally charged.

He offered a clear message to Clay Matthews and the Packers' defence after delivering Green Bay another beating: "If intimidation is your game plan, I hope you have a better one."

Kaepernick took a late, out-of-bounds hit from Matthews in the second quarter and showed no signs of slowing down, throwing for a career-high 412 yards and three touchdowns, with 13 completions to Anquan Boldin in San Francisco's season-opening 34-28 win Sunday.

Boldin's sensational San Francisco debut helped keep his team on quite a roll in what has evolved into a fierce NFC rivalry. And Vernon Davis did his part in a prolific passing game led by Kaepernick.

From Super Bowl champion Baltimore to contender again with another coach named Harbaugh, Boldin was unstoppable. He finished with 208 yards receiving and a 10-yard touchdown.

Davis made a pair of TD catches for the NFC champion Niners.

Boldin sure showed he is a reliable replacement for injured Michael Crabtree.

"We knew they were going to come in ready to play after what happened in the playoffs," Boldin said. "We had to come out and match their intensity."

Frank Gore scored a go-ahead, one-yard touchdown with 5:47 remaining as the 49ers made it three straight against Aaron Rodgers and Co.

THE ASSOCIATED PRESS

Week 1

- **Saints 23, Falcons 17.** Drew Brees passed for 357 yards and two scores and his New Orleans Saints held on to top Atlanta.
- **Bears 24, Bengals 21.** Jay Cutler passed to Brandon Marshall for the go-ahead TD in the fourth, giving Marc Trestman a victory in his Chicago debut.
- **Colts 21, Raiders 17.** Andrew Luck ran 19 yards for the winning TD, giving Indy its first opening-day win since 2009.

4 SPORTS

Williams recovers to edge Azarenka

U.S. Open. Top-seeded Serena wins 17th Grand Slam in windy final

Fussing with her skirt and flubbing her shots, Serena Williams was troubled in the U.S. Open final by the swirling air and the strong play of Victoria Azarenka.

After one miss, Williams declared, "I can't play in this wind." After blowing a big second-set lead, Williams chucked her racket toward the sideline, and it bounced back onto the court.

In the end, Williams pulled herself together, as she usually does when it matters the most. Facing her first test of the past two weeks, the No. 1-seeded Williams overcame No. 2 Azarenka 7-5, 6-7 (6), 6-1 on Sunday for a fifth championship at Flushing Meadows in New York and second in a row.

Serena Williams reacts after winning the U.S. Open. THE ASSOCIATED PRESS

Williams, who turns 32 in 2 1/2 weeks, raised her Grand Slam singles title count to 17, the sixth-most in history and one shy of Martina Navratilova and Chris Evert. Williams collected a $3.6 million US prize, including a $1 million bonus for producing the best results during the North American summer hard-court circuit leading up to the U.S. Open.

Helped by nine aces, one at 203 kilometres per hour, Williams improved to 67-4 with a career-best nine titles in 2013. Since a first-round exit at the 2012 French Open, Williams is 98-5 with 14 titles, winning four of the past six Grand Slam tournaments.

But this one did not come easily, even though it appeared to be nearly over when Williams went ahead by two breaks at 4-1 in the second set. Williams served for the match at 5-4 and 6-5 — only to have the gutsy Azarenka break each time.

This was a rematch of last year's final, also won by Williams in three sets, and two-time Australian Open champion Azarenka provided another challenge with her big swings off both wings.

THE ASSOCIATED PRESS

MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
Boston	87	58	.600	—
Tampa Bay	78	64	.549	7½
Baltimore	76	66	.535	9½
New York	76	67	.531	10
Toronto	67	76	.469	19

CENTRAL DIVISION

	W	L	Pct	GB
Detroit	82	61	.573	—
Cleveland	76	66	.535	5½
Kansas City	75	68	.524	7
Minnesota	61	80	.433	20
Chicago	57	85	.401	24½

WEST DIVISION

	W	L	Pct	GB
Oakland	83	60	.580	—
Texas	81	61	.570	1½
Los Angeles	67	75	.472	15½
Seattle	65	78	.455	18
Houston	47	96	.329	36

Sunday's results
N.Y. Mets 2 Cleveland 1
N.Y. Yankees 4 Boston 3
Chicago White Sox 4 Baltimore 2
Toronto 2 Minnesota 0
Kansas City 5 Detroit 2
Texas 4 L.A. Angels 3
Oakland 7 Houston 2
Tampa Bay 4 Seattle 1
Saturday's results
Baltimore 4 Chicago White Sox 3 (10 inn.)
Boston 13 N.Y. Yankees 9
Oakland 2 Houston 1
Cleveland 9 N.Y. Mets 4
Toronto 11 Minnesota 2
Kansas City 4 Detroit 3
L.A. Angels 8 Texas 3
Seattle 6 Tampa Bay 2
Monday's games — All times Eastern
Kansas City (Santana 8-8) at Cleveland (Jimenez 10-9), 7:05 p.m.
N.Y. Yankees (Sabathia 13-11) at Baltimore (Tillman 15-5), 7:05 p.m.
L.A. Angels (Weaver 9-8) at Minnesota (Hernandez 3-1), 7:10 p.m.
Pittsburgh (Cole 6-7) at Texas (Darvish 12-7), 8:05 p.m.
Detroit (Scherzer 19-2) at Chicago White Sox (Sale 10-12), 8:10 p.m.
Houston (Cosart 1-1) at Seattle (Walker 1-0), 10:10 p.m.

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
Atlanta	85	57	.599	—
Washington	73	69	.514	12
Philadelphia	66	77	.462	19½
New York	64	77	.454	20½
Miami	53	88	.376	31½

CENTRAL DIVISION

	W	L	Pct	GB
St. Louis	83	60	.580	—
Pittsburgh	81	61	.570	1½
Cincinnati	81	62	.566	2
Milwaukee	62	80	.437	20½
Chicago	60	82	.423	22½

WEST DIVISION

	W	L	Pct	GB
Los Angeles	83	58	.589	—
Arizona	72	70	.507	11½
Colorado	66	78	.458	18½
San Diego	65	77	.458	18½
San Francisco	64	79	.448	20

Sunday's results
Washington 6 Miami 4
Philadelphia 3 Atlanta 2
St. Louis 9 Pittsburgh 2
Milwaukee 3 Chicago Cubs 1
San Francisco 3 Arizona 2 (11 inn.)
San Diego 5 Colorado 2
L.A. Dodgers at Cincinnati
Saturday's results
Cincinnati 4 L.A. Dodgers 3 (10 inn.)
Milwaukee 5 Chicago Cubs 3
Philadelphia 6 Atlanta 5
Washington 9 Miami 2
St. Louis 5 Pittsburgh 0
San Diego 2 Colorado 1
Arizona 2 San Francisco 1
Monday's games — All times Eastern
Chicago Cubs (Wood 8-11) at Cincinnati (Arroyo 13-10), 7:10 p.m.
Atlanta (Medlen 12-12) at Miami (Alvarez 3-3), 7:10 p.m.
Washington (Gonzalez 9-6) at N.Y. Mets (Torres 3-3), 7:10 p.m.
Arizona (Delgado 4-5) at L.A. Dodgers (Nolasco 12-9), 10:10 p.m.
Colorado (Chacin 13-8) at San Francisco (Lincecum 9-13), 10:15 p.m.

NFL

WEEK 1

Sunday's results
Chicago 24 Cincinnati 21
N.Y. Jets 18 Tampa Bay 17
Miami 23 Cleveland 10
Indianapolis 21 Oakland 17
Kansas City 28 Jacksonville 2
Tennessee 16 Pittsburgh 9
Seattle 12 Carolina 7
New England 23 Buffalo 21
Detroit 34 Minnesota 24
New Orleans 23 Atlanta 17
San Francisco 34 Green Bay 28
St. Louis 27 Arizona 24
N.Y. Giants at Dallas
Monday's games — All Times Eastern
Philadelphia at Washington, 6:55 p.m.
Houston at San Diego, 10:20 p.m.

CFL

WEEK 11

EAST DIVISION

	GP	W	L	T	PF	PA	Pts
Toronto	10	6	4	0	290	259	12
Hamilton	10	5	5	0	266	277	10
Montreal	10	4	6	0	245	285	8
Winnipeg	10	2	8	0	217	308	4

WEST DIVISION

	GP	W	L	T	PF	PA	Pts
Saskatchewan	10	8	2	0	325	227	16
Calgary	10	8	2	0	320	246	16
B.C.	10	6	4	0	265	266	12
Edmonton	10	1	9	0	234	294	2

Sunday's results
Toronto 37 Montreal 30
Winnipeg 25 Saskatchewan 13
Saturday's result
Hamilton 37 B.C. 29

MLS

Sunday's results
New York 4 Houston 1
Montreal at New England
D.C. at Chivas USA
Philadelphia at San Jose
Saturday's results
Kansas City 3 Columbus 0
FC Dallas 3 Vancouver 1
Seattle 2 Chicago 1
Colorado 1 Los Angeles 0
Portland 4 Toronto FC 0

Horoscopes

♈ Aries
March 21 - April 20
You will meet some interesting people this week and if you want to be accepted into their group you are going to have to prove yourself.

♉ Taurus
April 21 - May 21
You will be challenged by some powerful people today but you have what it takes to meet that challenge.

♊ Gemini
May 22 - June 21
Mercury's change of signs indicates that the good times are coming back and by the end of the day you will be smiling again. Life is as good as you want it to be.

♋ Cancer
June 22 - July 23
You may be tempted to suppress your natural instincts in order to complete a task that others need done but is that such a good idea?

♌ Leo
July 24 - Aug. 23
Give yourself 100 per cent to whatever it is you have to do over the next few days. Forget about all the little things that you COULD be doing – there is one thing and one thing only that you SHOULD be doing.

♍ Virgo
Aug. 24 - Sept. 23
You have major obligations that cannot be run away from, so start the week in a serious frame of mind and make sure you get on top of your tasks from the word go. The sooner you start the sooner you win.

♎ Libra
Sept. 24 - Oct. 23
As Mercury moves into your sign today your confidence will start to pick up and you may be tempted to take a few risks. Don't.

♏ Scorpio
Oct. 24 - Nov. 22
If someone offers you something for nothing today there may very well be a catch, but it's just as likely they want you to share in their good fortune.

♐ Sagittarius
Nov. 23 - Dec. 21
Take time out from your busy schedule to focus on things that make you happy. You have done so much for other people in recent weeks that you have neglected your own needs and desires. Time to make up for it.

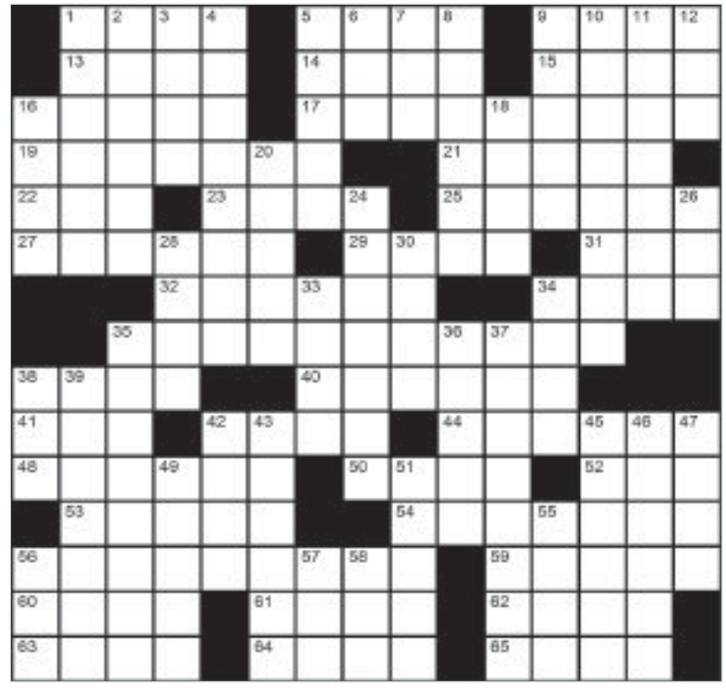
♑ Capricorn
Dec. 22 - Jan. 20
Do what you feel like doing today, even though others may frown and tell you that you're losing your competitive edge. It's not true, of course. Even a go-getter like you needs to slow down once in a while.

♒ Aquarius
Jan. 21 - Feb. 19
Do something dramatic today, something that makes the world sit up and take notice.

♓ Pisces
Feb. 20 - March 20
Let other people guide you today. Where money and business matters are concerned, in particular, the planets warn you don't have the necessary know-how to make decisions that will benefit you, so listen to the experts. SALLY BROMPTON

Crossword: Canada Across and Down

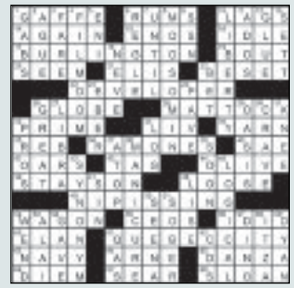
See today's answers at metronews.ca/answers.
BY KELLY ANN BUCHANAN



Across
1. Irish actor Mr. Townsend, et al.
5. Gym bag item
9. Elbe tributary
13. Alphabetic sequence
14. Thomas Edison's middle name
15. Whirl
16. Loup-__ (Werewolf, in French)
17. Simulated combat game to 'dye' for
19. "On My Own" singer in Les Miserables
21. "__ _ say more?"
22. How non-prescription meds are sold [acronym]
23. Carpentry tool
25. Friend from way back: 2 wds.
27. Mini racing vehicle
29. Pots
31. 'Benedict' suffix
32. Theatre: Spanish
34. Preposition
35. 2014 Spring __ (What designers are showcasing at New York Fashion Week)
38. Greyish
40. Street for Big Bird
41. Margaret of laughs
42. Montreal-born humourist Mort
44. Watered the plants with a light spray
48. It separates Haida Gwaii and mainland BC, __ Strait
50. Scientific spots
52. Lennon's love
53. "__ Gantry" (1960)
54. Gist
56. Furnishings
59. Thoughts
60. Travel by __ (Choo! Choo!)
61. Bubbly chocolate bar
62. Load
63. About, on a company memo: 2 wds.
64. Throw for a __ (Astonish)
65. Scruff

Down
1. Awake or become focused: 2 wds.
2. "For Those About __ __ (We Salute You)" by AC/DC
3. Knowledgeable about: 2 wds.
4. Tree-climbing critter
5. Records
6. _ __ mode
7. Nero's 56
8. Artillery gun on wheels
9. Spherical
10. "Don't It Make Ya Feel" band from Vancouver
11. Dependent
12. Annex
16. Subj. with maps
18. Business contact nos.
20. Birth-related
24. Range in British Columbia, __ Mountains
26. Mr. DiCaprio, to pals
28. This Is Not _ __ (Label warning)
30. Goes bad, as food
33. Musician/radio personality John
34. Loonies
35. Canadian Hip-Hop star
36. Poetic feet
37. Something neglected to be done
38. "Oh!" in Germany
39. Taylor Swift's duet partner on "Everything Has Changed", Ed __
42. Footprint
43. Of the air
45. Get in shape: 2 wds.
46. Cover
47. John and Jane
49. Plentiful
51. He's simply fabulist!
55. John Diefenbaker's first wife
56. Prefix to 'angle'
57. Keanu's 'Matrix' role
58. Miracle-__ (Gardening product)

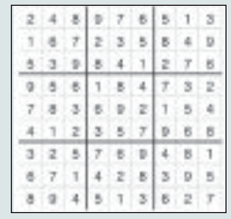
Friday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku



			4	7				1
2		4		1		3		
					9			6
	3	1	8	9		7		
		9				1		
		7		5	4	9	8	
8			5					
		2		3		6		4
1				2	6			

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